Claims:

Please amend the following claim:

37. A method comprising the steps of:

- element disposed in spaced relationship to the first element and a shiftable body

 movable within a housing between a first position in simultaneous contact with said

 first and second switch elements, and a second position out of said simultaneous

 contact;
- using a magnetic field of sufficient strength to maintain said body in one of said first and

 second positions, said magnetic field generated at least in part between said body and

 a magnetic component carried by said housing; and
- magnetically shifting the body to the other of first and second positions in response to a change of magnetic condition proximal to the switch assembly.